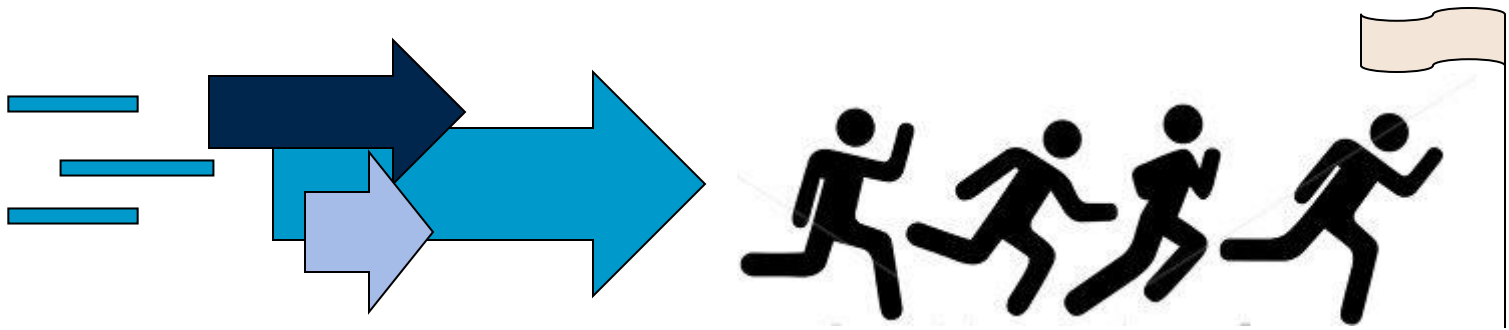
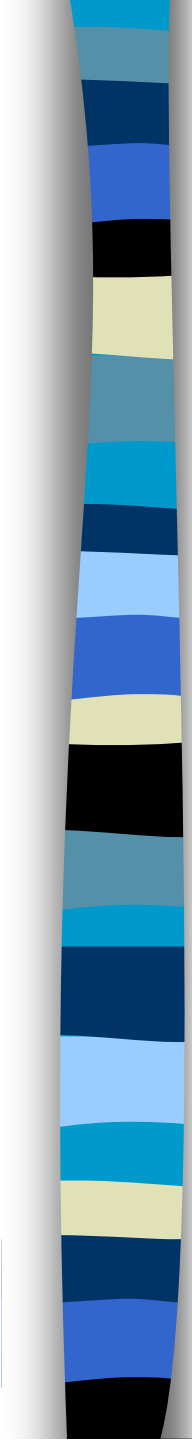


MOVING FORWARD WITH REGIONAL TRAINING



Connecting Appreciative
Inquiry with ECOP Messaging



Reflect back on a recent walk through of your clinic when you observed participant interactions. Briefly share something you heard or saw that struck you, in a positive way.



Quick Survey Poll

Has your clinic/agency done any f/u with Appreciative Inquiry techniques?

- Yes
- No
- Perhaps in the future



Quick Survey

Have you tried Appreciative Inquiry techniques in your counseling with participants?

- Never
- Once or Twice
- Several Times
- Regularly
- N/A



Regional Training Feedback

AI Presentation:

- *It would be helpful to have some follow-up especially to Nora's presentation.”*
- *I feel the counties need to follow up on their own to enhance their staff's ability to do appreciative inquiry.*
- *I think more guidance should be provided on how to integrate this into the appt*
- *Intimidated by where to start*



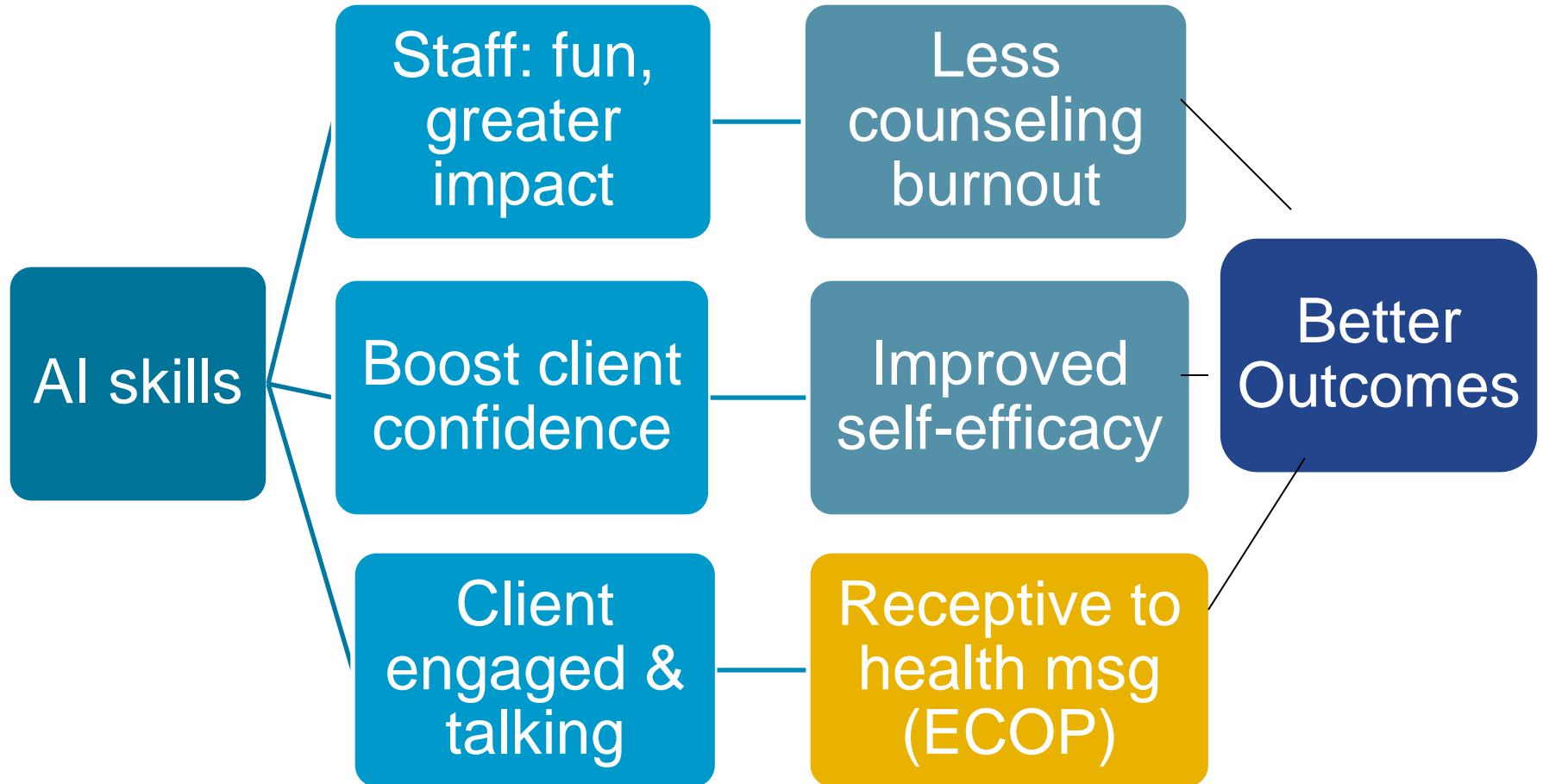
Regional Training Feedback

ECOP Presentation:

- *The ideas on here are great, I'm just not sure how we're supposed to use it.*
- *Thought all the messages were great, but it wasn't clear what we are supposed to do with them.*
- *Loved how these were interwoven in the AI & MI presentation(breakout sessions)*

WHY ARE WE DOING THIS?

Making a Case for AI & ECOP Messaging





Techniques of AI

1. Ask an AI question
2. Look or Scout for Positive Feelings
3. PAUSE
4. Affirm to Amplify Feeling
5. “Tell me more” or “Say more about that”

“A few kind words take only seconds to say, but their echoes can go on for years.”-unknown



Making the ECOP Connection

3 Techniques:

1. Use **AI** before an **ECOP** msg
2. Share a small portion of **ECOP** msg then f/u it up with **AI** question
3. Take 2 pieces of **ECOP** msg & roll them into an **AI** question



Technique #1:

GIVE YOURSELF & YOUR BABY ALL THE BENEFITS OF BF

AI: What is the best part about BF for you?

Reflect/ AFFIRM: That is definitely one of the best parts about BF!

ECOP : The longer you provide only BM you will reduce your baby's risk of obesity, diabetes, ear infxn & respiratory illnesses. You give yourself and your baby all the benefits of BF."



Technique #2:

HEALTHY EATING & STAYING ACTIVE WHILE YOU ARE
PREGNANT MATTERS FOR YOU & YOUR BABY'S HEALTH

ECOP: Staying active matters for you and your babies health. *AI:* What is one thing you are doing to stay active during your pregnancy?

Reflect/Affirm: That is wonderful!

ECOP: Did you know by being active it can help you gain the right amount of weight and make it easier to lose weight after your baby is born.

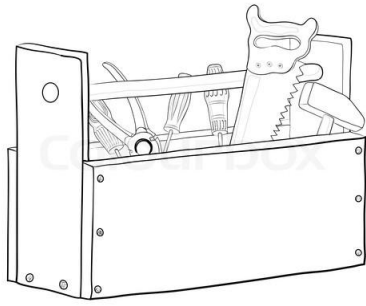


Technique #3

GIVE YOUR CHILD NUTRITIOUS FOOD & ACTIVE PLAY FOR A
HEALTHY FUTURE.

AI/ECOP: You are a very important role model for you child, he/she learns by watching you. What type of foods do you provide your family at meals and snacks that you are most proud of?

Reflect/Affirm: I can see how much that matters to you!



Facilitator's Toolbox

- **Instruction Guide**
 - Steps for preparation
 - Ways to keep the momentum going
 - Tips for success
- **5 separate meeting agendas**
 - Warm-up activities
 - Engagement questions
 - Interactive Experience
 - Utilizing Nora's training resources
 - Individual Goal Setting

Appreciative Inquiry- Connecting Health/ECOP Messages & Practice

Developing Your Inner Success Detective: Moving Forward with Regional Training

Agenda 2*

* Revise this agenda as needed to meet your own individual clinic needs. This agenda and activity also works for one-on-one meetings too.

Learning objectives: Staff will:

1. Strengthen AI skills
2. Become familiar with ECOP messages
3. Identify how to connect health ideas/ECOP messages with AI

Activity (Outline)	Estimated time	Method	Resources (speaker, materials, handouts)
<p>Recap & Warm-up- <i>"Last meeting was an overview of AI. Everyone set a goal on a technique to practice with our ppts. Let's follow-up to see how it went."</i></p> <p>Finish This Sentence...Ice-breaker: this can be done individually too (if you lack time, consider skipping or ask one question). Go around the room and have each person complete these sentences:</p> <ul style="list-style-type: none"> • One thing that worked well for me... • One thing I would like to continue to work on is... • One material/resource I found helpful was... <p><i>"Today we are going to expand our knowledge of AI by reviewing ways to connect AI with health/ECOP messages."</i></p>	10 min.	<p>Large Group Discussion</p> <p>Go around the room and allow each individual to share</p> <p>This is a good technique for everyone to learn from others. Encourage others who are listening to affirm positive feelings/outcomes of what was shared.</p>	
<p>Content- Making the leap from AI to nutrition education using ECOP Messaging</p> <p><u>Main points:</u> ECOP Messages:</p> <ul style="list-style-type: none"> • Were developed to provide consistent messages among WIC, health care providers, and other partners to deliver consistent, accurate and focus group tested messages. • In WIC the goal is to ensure pregnant women and families with infants and young children hear consistent messages that can potentially influence health behaviors. 	15 min.	<p>Lecture and group discussion</p>	<p>Nora Lynch's AI presentation PowerPoint slides 24-27</p> <p>Nora Lynch: Welcome to AI YouTube video-53:30 min-1:01:15 min</p> <p>Tracy Miller: ECOP Messages YouTube video- 21:10 min-35:15 min</p>

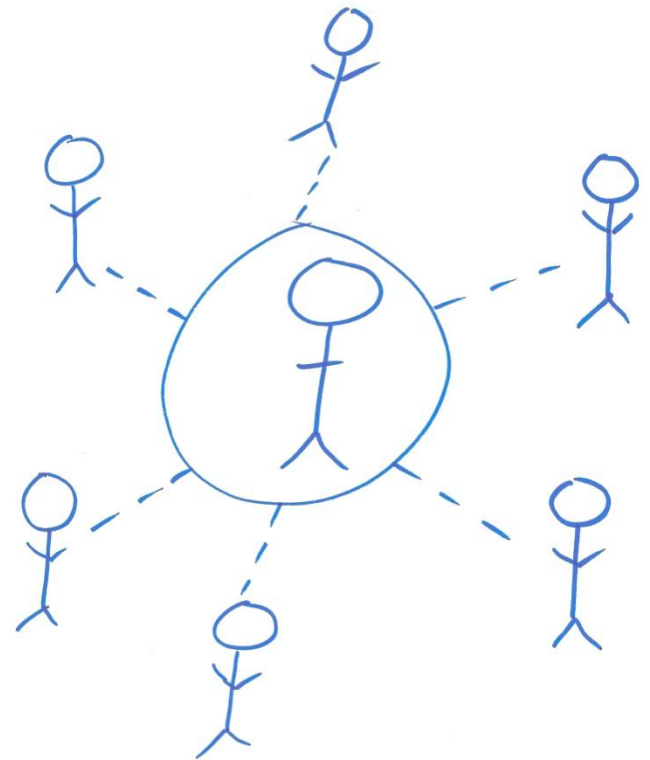


Discussion

What concerns or considerations come to mind when thinking about implementing this tool?

Key Success Factors

- Talk the talk & walk the walk
- Devote time
- Establish support
- Follow-up, follow-up, follow-up
- Familiarity w/ECOP messages





Your Thoughts...

What may be holding you back from being 100% enthusiastic about this training tool?



Your Thoughts...

Describe what would need to be in place in your clinic/agency to continue the momentum of Appreciative Inquiry/ECOP messaging?



Remember there is no right or
wrong with trying AI because...

*“...immediate expert feedback is
continuously available. It is available
from those you serve.”*

Thank You

